

OLEF OPTIMUM LIFE EDUCATIONAL FOUNDATION FITNESS CLASSES

CHAIR FUSION

Increase flexibility and strength through Yoga stretches while seated - some standing optional.

Learn relaxation techniques!

Wednesdays, January 12 - March 16, 2022

10:00- 11:15a.m.

INSTRUCTOR: Sharmone La Rose

Suggested donation: \$36.00 (10 sessions)

FITNESS DIFFERENCE

Improve agility, balance and co-ordination in this class. Exercise will include active movement, floor work, and strengthening with bands and light weights.

Mondays, Wednesdays, & Fridays

January 10 - March 18, 2022

(No class on January 17 and February 21)

8:00 - 9:15a.m.

INSTRUCTOR: Bonnie Wulff

Suggested donation \$100

(Class meets 3 times/week - 30 sessions)

Register at www.OLEFclasses.com

For more information, please call (310) 344-1296

**Classes meet at Bartlett Center
1318 Cravens Avenue in Torrance**

These classes are sponsored by OLEF, Optimum Life Educational Foundation, a non-profit organization that sponsors classes, lectures and activities for participants 55 + and the City of Torrance Community Services Department.